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Food and Symptom Diary

A quick guide on how to track your symptoms

Before using this guide

This guide was created to help you figure out which foods are ok for you, and which foods might be triggering your symptoms. After 3 weeks of tracking your food and symptoms, certain patterns may start to emerge.

1. Print off a copy of the food and symptom tracker (page 3).

2. Track your food intake and symptoms for about 3 weeks.

3. Give yourself a deadline to complete the diary.

Details you may want to note:

- **Food and Beverages:** List the ingredients in detail + portion size.
- **Symptoms or Pain:** Abdominal pain, rectal pain, bloating, gas, etc.
- **Bowel Habits:** Stool consistency, frequency.
- **Stress Level:** Severity score from 1 to 5.
- **Medications:** All medications or supplements you take.
- **Exercise:** List the physical activity including times.
- **Women:** Phase of your menstrual cycle.

1 Day Template

Date: _____

BREAKFAST

LUNCH

DINNER

SNACKS

MEDICATIONS / SUPPLEMENTS:

Time	Bowel Habits	Symptoms & Pain	Stress (1-5)	Exercise

After 3 weeks...

You should now have enough information to identify certain patterns. Take some time to review your entries and look closely at:

- Which foods might be triggering your symptoms?
- Was it vegetables, legumes, dairy or wheat, etc.?
- How large was your meal size?
- What was your stress level score at the time?
- Is stress noticeably worsening your symptoms?



Create a list of foods that are causing you problems.

Sometimes it is a certain ingredient that your body tolerates perfectly fine in smaller amounts, but it triggers your symptoms in larger amounts.

For Best Results

Consult your healthcare provider or a registered dietitian about your findings. Bring your completed 3-week tracker logs to your next appointment.